

County of San Diego
Edgemoor DP SNF

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INSIDE THIS ISSUE:

Visitor Policy 2
Change

Major Role 2
Change

Resident 2
Council
Leaders

Live Well 3
Eat Well

SKYPE 3

Drum Circle 3

Strategic 4
Planning
Meeting

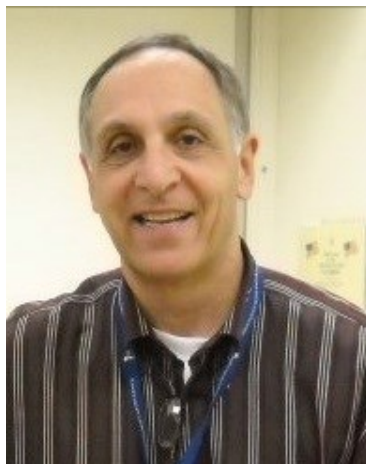


THE CUTTING EDGE

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FROM THE ADMINISTRATOR



Walt Hekimian Administrator

"Thar's gold in them thar hills"; at least we hope so! Our Gold Quality Award Application was submitted at

the end of January, and now the process kicks off into a higher gear. Presuming we pass their first review, a team of examiners will be visiting Edgemoor this summer, to make sure that our systems are in place and that we are following stated procedures to produce the successful results identified in the application. You can see those results posted in the Golden Nuggets bulletin board, adjacent to the visitor's entrance.

This summer visit will be the time when we will need everyone's help to answer their questions about our Mission, Vision and Values, what Live Well San Diego means,

our WHAT philosophy (below), and the methods used in Edgemoor's process improvement. Not to worry, as we will be reminding everyone regarding the appropriate responses.

It's an exciting time and we are nearing the finish line of this marathon. It will take everyone's best effort to complete this journey; but I know the quality of Edgemoor's staff, and I know I can count on each of you to be Gold Award service ambassadors!

W – WORK HARD
H – HAVE FUN
A – ACT ACCOUNTABLE
T – TELL THE TRUTH

Resident Council Leaders

In the last two months, Edgemoor's Resident Council has undergone some very significant changes. With the passing of the Resident Council's former President, Elizabeth R, it became apparent that elections needed to be held to help determine future leadership. While the loss of our former Resident Council leader was certainly mourned, this also presented as an excellent time for the Resident Council to usher in changes that reflect some of the leading and progressive ideas gathered from resident-centered groups. Through the leadership of our administration

at Edgemoor, the Resident Council was given complete autonomy to run their meetings however they saw fit; including what time they would meet, how topics would be addressed, which staff members would be present at meetings, and most importantly, how elections would take place. Moreover, our administration had the foresight to realize that diminishing the amount of staff present at meetings would allow residents to feel free to share their concerns, while further empowering them to make decisions as an autonomous group.

The Resident Council determined that they would vote for a Secretary, Vice President, and President at their first meeting in 2016, with all members present. They voted for Ms. Donna M as their Secretary, in charge of handling the minutes. At that same meeting they nominated two candidates for Council President, who would be voted for at a later date in a facility-wide special election. Mr. Jesus M won the election for Council President; and incidentally, the runner-up, Mr. Brian J was named Vice President. (continued on page two)

Visitor Policy Change

Daily, there are news reports of crimes being committed in every environment. The County of San Diego and Edgemoor take the safety of our residents and staff seriously. Intermittently, the evening and night shift staff have encountered resident visitors in the building at odd hours. We want to honor the rights of residents to have visitors, but we must also ensure everyone is safe. It is for this reason that we are revising our visitor rules.

Effective **March 1, 2016** the following changes will be enforced.

Visiting hours will be from 8:00am to 9:00pm on the resident units.

From 9:00pm until 8:00am, visitors are still welcome to see their loved ones and friends, but the visitation will be limited to the lobby area. Residents must be awake. If there are special circumstances that affect your visit, please talk with Walter Hekimian, Administrator.

Visitors must follow all current guidelines when visiting friends and loved ones, which includes signing in at the Command Center, wearing a Visitor badge at all times, and signing out when leaving.

Visitors are not permitted to roam the facility.

Thank you for helping us to maintain Edgemoor as a safe environment to live and work.

Major Role Changes in Personnel

You will begin to see changes and new faces, as more staff retire. Nancy Beecham, the former Director of Nursing, has been replaced with Merlyn Trinidad. Ivette Busacco, Supervising Physical Therapist, has retired; Thien Ngo has stepped up to the new role. Cynthia Soriano, Charge

Nurse, is covering the Supervising Nurse position in the Santa Maria Neighborhood. Unit Assistants, Orleta Wehlage and Sue Barrows, have retired. The CNAs who have stepped into the new roles of Unit Assistant are Virgie Doria, Maria Romero, Omar De Los Reyes, Teresa

Bingham, and Phoebe Pascua.

We expect more retirements in the coming months. Edgemoor is committed to delivering superior service and care to our residents. We will be giving deserving personnel the opportunity for advancement.

Resident Council Leaders

(continued from page one)

Since starting to operate with increased autonomy, the results have been significantly positive.

The last Council Meeting held in February. Had record attendance.

Residents have been more actively involved in the activities of the meeting, and the Resident Council leadership has

taken an assertive role in managing and following up on the concerns of those in attendance.

With the vision of Edgemoor's administration, coupled by the excellent leadership provided by our new Resident Council leaders, residents at Edgemoor can take comfort in knowing capacity in which their concerns and

questions will be addressed will be further augmented.

County of San Diego Live Well Eat Well Vision

The County of San Diego has a long term vision for its residents; the campaign is titled “Live Well San Diego”. It is about improving the health, safety and quality of life for San Diegans, as well as promoting growth for individuals and communities. Health being a major goal of this vision, the County has realized that food plays a major factor in health and well-being. Poor diet is 1 of 3 major factors that contribute to greater than 50% of the deaths in San Diego. This being said, the County is developing “Eat Well” standards. Guidelines that will help the residents of San Diego to eat healthier, in order to prevent diet related diseases that contributes to morbidity.

Here at Edgemoor we have been working to meet these recommendations. We have looked at all of the major entities that have recommendations for healthy eating, and have designed our menu to meet these recommendations. What we looked at were protein, vitamins, minerals, fat, saturated fat, trans fat, cholesterol, sodium, MSG, GMOs, fiber, sugar, servings of fruits, vegetables, grains, whole grains, dairy and fat. We revised menus, recipes, serving sizes, brought in new products, spices, and changed methods of food preparation to help design a menu that is healthy and appropriate for most individuals. This has allowed us to liberalize diets and offer items in moderation to individuals who may have not been able to have them in the past. Moderation is the key,

as we still allow residents to make their own choices; we try to help them make healthier choices.

This campaign is not just limited to residents. We have incorporated these principles into our employee café, offering healthy items and posting education to inform staff. We will continue to look at our menu and make changes, try new products, and educate our residents and staff on “Eating Well” to promote better health. We have seen better choices being made and we have seen an improved satisfaction of the food and menu provided here at Edgemoor.

“Live Well, San Diego”!!

SKYPE

The Therapeutic Recreation Department will be starting a new service for those residents and family members and friends who wish to participate. SKYPE is a communications software that gives you the opportunity to have face to face conversations with

your loved ones.

Please notify Kristina or Andrea in the Therapeutic Recreation department of your interest.

Drum Circle with Sundiata Kata

A Drum Circle is a group of people who participate in playing drums and other instruments, with a goal of sharing rhythms and getting in touch with each other and themselves. The group is then able to create a new collective voice, as we drum together. Recent research reviews indicate that drumming provides a ‘natural high’, creates a sense of connectedness with others, and provides a fun way to inte-

grate mind, body and spirit. As the group rhythm builds, the facilitator, Sundiata Kata, uses metaphors to illustrate how everyone’s input contributes to the whole. Key points include: listening, communication, cooperation, synergy, support, and HAVING FUN. We encourage you to come join our circle; no experience necessary!



Edgemoor hosts several nursing colleges here are some letters received from Concorde College

I have really enjoyed my experience here at Edgemoor. The facility is nice and organized. It is always kept clean. The nursing staff is helpful and appreciative giving us the opportunity engaging in a lot of variety of treatments & med passing. I also appreciate how supplies were never understock and how organized the treatment cart is. Thank you for this opportunity at this facility and the knowledge I gained here that I will carry on throughout my career.

Ashley

I would first like to thank Edgemoor and the staff for making us feels welcomed. I learned new strategies from all the nurses. Edgemoor is the best clinical site I have ever attended. They have all the supplies, the patient are very well taken care of and to me it seems like they love it here. The patient has so many activities to choose from. The staff let us to pass medication, wound care and trach care. Thank you for the opportunities and knowledge I have gained here. I feel more confident and educated.

Manuel

I am very grateful and appreciative for the learning opportunity given to us here at Edgemoor. The nursing staff was very helpful and allowed us to assist in wound care and passing medications. They have shared their knowledge and experience which has made us feel more confident in our abilities. The staff has kept the facilities clean & well stocked which makes treating and caring for patients easier and more efficient. The patients seem to feel safe and comfortable in the environment provided. I would like to thank Edgemoor and their staff for allowing us to gain experience as we start our nursing career.

Vanessa

Strategic Planning Meetings

We are having a series of informal conversations about Edgemoor and invite You to join us.

No preparation needed! No need to stay the whole time; come and go as you wish.

We will be talking about Edgemoor's strengths and weaknesses, what we can do better and what might challenge our work here. We will look at the main goals we set for this year and see what goals we can set for next year.

It is an open forum; all ideas are welcome. Please make your voice heard.

All the input from staff, visitors, families, residents, agency staff and

volunteers is welcome. Come and be a part of it.

Meeting Dates & Times

March 2 @ 7am

March 9 @ 1pm

March 30 @ 9am

April 13 @ 3pm

Meeting Location

Edgemoor DPSNF

Multi-Purpose Room

655 Park Center Drive

Santee CA 92071

(619) 596-5500

Mission: To efficiently provide public services that build strong and sustainable communities.

Vision: Live Well San Diego: A region that is Building Better Health, Living Safely and Thriving

WHAT

W - Work Hard

H - Have Fun

A - Act Accountable

T - Tell the Truth